



« Disease

Health »

Animal fats, lacks fiber
 Fried fats, white flour, lacks fiber
 Added sugars, acidic chemical sweeteners
 MSG, high sodium, dead foods
 Fried fats, MSG
 Artificial colors, added sugars
 Animal fats, lacks fiber, homogenized fats
 Hydrogenated oils, white flour
 White flour, added sugars
 High sodium, MSG, artificial preservatives
 Lack fiber, refined grains
 Hydrogenated oils, MSG
 Refined grains, added sugars
 Hydrogenated oils, MSG
 Added sugars, MSG
 Added sugars

Red meat
 Donuts, pastries
 Sodas (sweetened)
 Sodas (diet)
 Canned soups
 Snack chips, flavored snacks
 Juice drinks, fruit punch
 Candy bars, chewy granola bars
 Milk, cheese, dairy
 Crackers, Cookies
 Breakfast cereals (sweetened)
 Processed meats
 Instant rice, instant grains
 Frozen fried foods
 Bread (non whole-grain)
 Snack dips, artificial guacamole
 Shortening
 Salad dressings
 Diet shakes, meal shakes

Chronic pain
 Behavioral disorders
 Aggressive behavior
 Learning disabilities
 High medical bills
 Reproductive disorders
 Skin blemishes and spots
 Easily injured
 Frequently sick
 Sleep disorders
 Tired and fatigued
 Irritable

Free of pain
 Mental clarity
 Stable moods
 Accelerated learning
 Low health care costs
 Reproductive health
 Clear, smooth skin
 Easily healed
 Rarely sick
 Sound sleep
 Sustained energy
 Happy

Nuts: cashews, almonds, peanuts, etc.
 Seeds: sesame, hemp, chia, etc.
 Avocados
 Healthy oils: flax, olive, macadamia, etc.
 Soy: tofu, soy milk, etc.
 Berries (all kinds)
 Vegetables (all kinds)
 Raw fruits (all kinds)
 Sunlight
 Water

Sea vegetables: kelp, kombu, etc.
 Fish oils: salmon, cod, etc.
 Sprouted grains
 Microalgae: spirulina, chlorella
 Blackstrap molasses
 Whole grains
 Whole food concentrates
 Bran: oat, wheat, rice
 Protein powders: rice, soy
 Wheat germ

High in healthy oils
 Quality plant-based proteins
 High fiber
 High-density nutrition
 High protein, minerals
 High fiber, immune function, minerals
 Healthy heart, healthy oils
 Antioxidants, phytonutrients
 Healthy oils, high fiber, antioxidants
 Healthy heart, brain, and more
 High in vitamins, fiber
 High protein, phytonutrients
 High antioxidants, healthy brain, heart
 High in vitamins, fiber, complex carbs
 Essential solvent for nutrition
 Healthy bones, organs, brain

Legend:

- Acidic:** disrupts acid/alkaline balance, promotes bone loss, osteoporosis
- Added sugars:** promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders
- Animal fats:** promotes heart disease
- Artificial colors:** promotes ADHD, behavioral disorders
- Artificial preservatives:** promote cancer, heavy liver detox load
- Chemical sweeteners:** cancer risk, promotes migraines, nervous system damage
- Fried fats:** contain carcinogens, promotes heart disease, obesity
- High sodium:** stresses kidneys, promotes hypertension, high blood pressure
- Homogenized fats:** unnatural alteration promotes plaque in arteries
- Hydrogenated oils:** contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects
- Lacks fiber:** promotes colon cancer, digestive stagnation, heart disease
- MSG (monosodium glutamate):** migraines, hormonal disorders, overeating
- Refined grains:** promotes diabetes, obesity, vitamin loss
- White flour:** promotes diabetes, obesity, vitamin loss

Be Healthy! Learn More:

GROCERY WARNING

DANGEROUS FOODS REVEALED
www.GroceryWarning.com

HEALTH THROUGH EDUCATION
www.HealthRanger.org

FREE DAILY HEALTH NEWS
www.NaturalNews.com

Eat all the colors of the rainbow:

- Red:** Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
- Orange:** Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
- Yellow:** Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
- Green:** Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
- Purple:** Blueberries, blackberries, currants, beets, red cabbage, eggplant
- White:** Potatoes, tofu, onions, garlic, whole oats, cauliflower